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SEXUAL
MASTERY

How To Give Her What She Wants
To Keep Her Coming Back For More

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The Tao of Sexual Mastery

How to Give Her What She Wants to Keep Her Coming
Back for More

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Chapter 1

The Driving Principles

Now that you have been through *The Tao of Dating* course, you have a much better sense of who you are and what you want. You know how to find desirable women, how to meet them, how to attract them and how to perpetuate a relationship with them. It is now time to discuss sexual mastery. Besides being a tremendously worthwhile life skill in its own right, sexual mastery can also be a great source of your masculine power. The best source of confidence is competence. Knowing beyond a shadow of a doubt that you can create an extraordinary sensual and sexual experience for a woman gives you the kind of power that no one can take away. Once you have it, it is there forever.

A wise man once said that when a hungry man asks you for food, you can either give him a fish or teach him how to fish. The former takes care of his need for a day; the latter takes care of it for a lifetime. Most sex guides talk about specific techniques, which are nice but more like giving you a single fish. I have gone through dozens of these books and extracted from them their *principles* – the key ideas behind the techniques. Our focus here will be on these principles, which have been true for the past hundred thousand years and will be true for the next hundred thousand. Once you know the principles, you can apply your initiative and significant creativity to them to create your own techniques (and maybe write your own book someday). To get you started, we talk about at least one technique to illustrate each principle.

The Tension-Release Principle

Pleasure is the release of certain neurotransmitters. The more of them you release at once, the better it feels. So if you create a massive buildup of neurotransmitters and release them all at once, that can feel *really* good. Think of it the way a dam works: you let the water build up behind it, and then when you let the floodgates open, *whoosh*, you get this incredibly powerful burst of water, much more intense than just the trickle of the stream. Here are two ways of applying this principle:

Teasing. Massage the body parts *around* the erogenous zones. Kiss *around* the lips and nipples for a while before actually kissing them, stimulate the outer vagina with your penis for a while before entering it. Build tension, then release it – then repeat. If you do nothing at all but do this well, you will succeed in driving her totally wild.

Resting strokes. When stimulating your partner, alternate stimulating strokes with resting strokes, i.e. lick the clitoris the way she likes it 8 times, then lick around the less sensitive areas for two strokes. The two strokes in the less sensitive neighborhoods will build anticipation and tension, and raise the plateau of stimulation when you go back to tickling the little sailor.

The Find-and-Persist Principle

A lot of guys like to vary their stroke, do a whole bunch of things in a short space of time, thinking that they're providing variety or demonstrating versatility. Don't do that. Just think about when you're receiving oral sex – do you like it best when she's all over the place, giving you this diffuse stimulus, or doing the one thing that feels just right? Women operate the same way. So, the principle: initially, explore the stimulus space a little bit (eg see Alphabet technique in the Cunnilingus portion of our discussion). When you find something that she really likes, keep on doing it until she stops liking it as much or until she achieves an orgasm or twelve. This begs the question of how to find out what she really likes...

The Feedback Principle

Your goal is to make your partner experience ultimate pleasure. You can accomplish this best by finding out what feels good to her, then continuing to do that (see above). Women do not come equipped with a pleasure-o-meter, so you need a reliable way of gauging her response to your stimulus. Two methods:

Close observation. Become a connoisseur of female arousal signals. Some signs that you're doing well: heavy breathing; moaning, cooing, sighing sounds; body undulation; holding you closer or tighter; arching of neck or back; flailing of arms; flushing of face and body; screaming loudly "Take me now, big boy."

Pre-arranged feedback system. Communication is key here. I find that verbal communication tends to disrupt the flow, so a non-verbal alternative is useful. One way to do this effectively is by squeezing hand signals. For example, as you are going down on her, have her hold your hand. Ask her to squeeze harder when something feels particularly nice; ask her to loosen her grip when something doesn't feel as good. Alternatively, you can ask her to give you a squeeze when some stimulus reaches a predetermined level of arousal (eg 8/10) – that way you know you're headed in the right direction and how far you have to go.

Verbal communication. Even though most people don't use it, it still works. It's just a matter of achieving a comfort level with the idea of talking during sex. Most couples find it completely natural and an enhancement to the experience once they become comfortable with the idea of talking during sex.

The Relax and Have Fun Principle

This is not a competition. This is not an opportunity to impress, display prowess, or bring ego into the situation in any form. This is an occasion for fun. Do you ever

compete with your friends about who can have the most fun? Bring the same attitude here and check your ego at the door. Neither of you have anything to prove beyond the enjoyment of each other's company. And if you're both there, that's already happening, and everybody's happy.

Chapter 2

What Women Want In Bed

There is one thing that all women have in common: *they are all different*. In fact, the same woman will be different depending on time of day, week, month, or year. However, there are some large-scale trends that you can count on. In his book *How to Drive Your Woman Wild in Bed*, Graham Masterton provides the results of his informal survey of 500 American women answering the question, “*What do you expect out of a man when he takes you to bed?*” Memorize this. You’ll thank me for it:

- 1) ***Kissing***: More important than anything. Kiss her everywhere. Kiss her as if she really, really matters. Women cannot get enough of this.
- 2) ***Talking***: Be “flattering, romantic, arousing and encouraging.” As always, use the feedback principle.
- 3) ***Caressing***.
- 4) ***Playing***: “Tender, passionate loveplay and plenty of it”. Foreplay IS sex – prolong it, enjoy it. Ideally, do it until she’s so worked up that she starts begging.
- 5) ***Climax***: No explanation necessary. Note that it is not in the top 4.
- 6) ***Oral sex***: More on this in the next chapter.

7) Good solid fucking: As one of the particularly reserved characters from the TV show *Sex and the City* said, complaining that her husband was ignoring her sexually, “Sometimes don’t you just wanted to be *pounded hard?*” I leave it to you to figure out what that means.

8) Body language: at the very least, know the difference between withdrawal and advance.

9) Afterplay: kiss, touch, talk, caress, kiss, play, kiss, hug, hold. Do NOT pass out.

10) ‘Morning glory’: the surveyed called sex in the morning both ‘romantic’ and ‘reassuring’.

Chapter 3

Giving Her What She Wants: The Techniques

Foreplay

A lot has been written about foreplay. Once again, we're going to stick to the principles and learn one good technique. The principle is make your partner feel *safe and comfortable* (those two again) such that she can have *permission* to feel aroused. Then you intensify her arousal and do your duty of making her feel like the Queen of the Universe.

The number one foreplay technique which I use and recommend is *massage*. If you already don't know how, go take some lessons, or buy a good book, or just get a good massage and notice what you like, then do the same for her. Massage accomplishes all the key goals of foreplay: by focusing your attention fully on her and her comfort, you're making her feel safe, comfortable and loved; you're delaying your pleasure and

attending to hers, setting yourself apart from all the other drooling brutes; and you're loosening up her mind and body, opening the floodgates for massive arousal.

Now there is good massage technique and there is great massage technique. The one you are about to learn qualifies as *phenomenal* technique. It's derived from Tantra Yoga, and it's called the *Kama Marma* technique. In Tantric tradition, kama marmas are erogenous zones to stimulate the physical body and nourish the psychic body. There are tertiary, secondary and primary kama marmas. What you want to do is start by stimulating the secondary zones, then go to the primary and finally to the tertiary zones. The effect is that of a tease, release, then super-tease of newly activated tertiary erogenous zones. A suggested method is to first touch, then blow, then lick each part in turn. Do this right and prepare to be worshipped like the sex god that you are. Here is the list of primary, secondary and tertiary erotic zones:

Primary zones:

- 1) Lips and labia
- 2) Breasts, nipples
- 3) Genitals

Secondary zones:

- 1) Earlobes
- 2) Nape of neck
- 3) Sacrolumbar junction
- 4) Gluteal fold
- 5) Inside of thighs -- light stroke
- 6) Back of knees

Tertiary zones:

- 1) Edge of pinkie
- 2) Palms of hand -- circular stroke
- 3) Navel -- clockwise stroke
- 4) Anus

- 5) Nostril
- 6) Ear orifice
- 7) Soles of feet
- 8) Big toe

Cunnilingus

Again, we're going to stick with general guidelines, and leave the specifics for you to discover with each individual partner (since each one will be different).

1) Do the foreplay stuff. Make sure she's nicely worked up (see *arousal signs* above). A woman is ready for you to go down on her when her legs are comfortably relaxed and naturally separate with knees somewhat bent. If there's any resistance or tension in the legs, go back to foreplay, or talk to her. Some women may not be comfortable with cunnilingus, so find out about that sooner rather than later.

2) Tease. Start from the outside margins – lower leg, outer thigh – and slowly work your way in, kissing and licking lovingly along the way. Take your time in getting to the gates of pleasure.

3) Delay. Take as long as possible before getting to the actual clitoris. Touch, kiss, lick the outer labia, inner labia, and vagina first before you get to the clitoris.

4) Explore. So now you're on the love button. Find out what she likes – notice her arousal or withdrawal signals. If you're unsure about what she likes, ask – it's okay. You're not a mind-reader, and remember the *feedback principle* from before. For some women, the tip of the clitoris (the glans) is far too sensitive and it's best to just stimulate the shaft or to stimulate it indirectly. The variables you're dealing with are: speed; pressure; area of contact; surface area of contact (tip of tongue, flat of tongue, whole mouth). Once again, remember feedback and communication.

5) **Persist.** Once you've found what she really likes, keep on doing it. When in doubt, slow is better than fast – just keep it up for a long time. Porn movies make for terrible instruction videos; a good rule of thumb is to avoid doing whatever you see there. Speed up or increase pressure only if she gives you signals to do so, e.g. pushes your head down, pushes her hips up, or starts moving your head around like an eggbeater and screams “faster, Turbo.”

6) **Be patient.** Sometimes it takes a while for a woman to climax like this, so keep those tongue and jaw muscles fit. An hour is not unusual, but no worries – she's enjoying the ride. If you have good communication (that word again), she'll tell you if something's not quite right.

7) **Lay off.** Once she has had one (or two) clitoral orgasms, her clitoris tends to get hypersensitive, similar to how the penis behaves after climax. This is when you can go back to foreplay, or to start paying attention to other body parts, or to start intercourse. But remember – the show has just begun.

Another good technique to remember for cunnilingus is the *alphabet technique*. One way to find the tongue stroke that she likes the most is simply to trace around her clitoris the letters of the alphabet and/or numbers. Do this slowly – 1-2 seconds per figure. Some guys just want to go through the whole damn alphabet as if it's a race. This is not necessary. Once you find the stroke that she likes, just keep on doing it until she tells you to stop. If you've found the right letter, chances are she won't.

G-spot stimulation, extended multiple orgasms, and female ejaculation

This is the key technique that will separate the boys from the men. It's safe to say that less than 1% of all men can consistently find and properly stimulate a woman's G-spot. If you're able to do that, you're in pretty good shape and likely to be one of the most satisfying (if not *the* most satisfying) lovers she has ever had.

G-spot orgasms tend to be felt deeper and more intensely than clitoral orgasms. They also have the convenient feature of being able to occur consecutively, with no real upper limit as to number. If you do it just right, your partner might even ejaculate.

Locating the G-spot. The G-spot is located 1.5-2 inches up on the anterior wall of the vagina, at the 12 o'clock position (or somewhere between 11 and 1). One way to describe it is that it's directly behind the clitoris, just behind the pubic bone. The fact is that its location is somewhat variable in that neighborhood; your best bet is to find it by feel.

How do you do that? Normally you can't really find it. In a way, finding the G-spot is a bit like finding an erection: there has to be some arousal in order to find it. Therefore the best time to find it is when the woman is highly aroused – either right after orgasm, or getting really close to it. Now you put your forefinger in – gently – hook it behind the pubic bone, then bring it forward in a come-hither motion. When you feel a little mound of spongy tissue, between the size of a nickel and a quarter, with texture slightly different from the area immediately surrounding it (often a bit smoother), you're there. It'll feel as if there's a pea just under the surface of the mucosa.

Before you start doing this, it's very important that you talk to your partner about what's about to happen (communication again). Have her pay a visit to the bathroom first. Some of the sensations that she will experience will feel like she needs to urinate. If she has that on her mind, she won't be able to let go completely, which is necessary for allowing the G-spot orgasm to happen.

You should also tell her about what's about to transpire. Chances are good that she hasn't experienced something like this before. The sensations will be weird, novel, maybe even scary to her. Tell her that this is normal – she should just flow with it. If she says that the stimulation makes her feel as if she needs to pee, tell her that's okay. It's a normal part of the process, and it's also physiologically impossible for her to urinate. Just go with the feeling. If she feels as if she's floating or falling, that's all right too – you're right there, holding her, reassuring her, making sure she's perfectly safe. The key thing is that she should just let go completely and flow with the sensation. Most importantly, if she gets that wanting to pee sensation, she shouldn't fight it. She should

aid it along, and push through it. That's how she's going to get to the reward at the end.
Now:

- 1) You want to stimulate the spot with your forefinger – gently at first, then slowly increasing the pressure. Get feedback – if it feels good, continue. Take a minute at least before increasing pressure each time. The two variables are speed and pressure. For some women, a little pressure is enough. For others, you're pushing pretty hard – almost lifting them – to get the right stimulus. More often than not it can take hard pressure. As always, get feedback.
- 2) When you notice that she is starting to respond, insert the middle finger along with the forefinger. Now you can do a couple of things:
- 3) Slide your finger up and down inside the nook. Start above the nook, near the cervix, and slide down to it, then repeat.
- 4) Alternatively, rub around the nook area in a circular motion – gently at first, then with increasing pressure.
- 5) When your partner is approaching orgasm, it will feel as if her vaginal muscles are pushing your fingers out. This is the deep G-spot orgasm we were talking about, which involves the deep musculature of the pelvis. You're doing great – hang in there.
- 6) After she's had one of these orgasms, level off the stimulation a little bit (less speed/pressure) without stopping completely. In a moment she'll be ready for more stimulation, at which point you resume the protocol. Sometimes she'll want a break; sometimes she'll want you to go on. Again: feedback and communication.
- 7) If you notice too much leveling off, it may be a good time to go back to clitoral stimulation. Then at the the appropriate time you can return to deep vaginal stimulation.
- 8) Depending on the woman, this can go on for a while. Let her have as many orgasms as she can take, or continue until you'd rather do something else, like intercourse. Have fun with it.

A-spot stimulation

It's always good to have a repertoire of techniques handy, and besides, you may want to try something other than the G-spot every once in a while. The A-spot is an informal term for the anterior fornix – a little nook just in front of the cervix. Stimulating it can result in orgasm in 95% of women, according to one source.

Location. Where is it? To find the A-spot, you have to go all the way inside. Put your longest finger in, go up and all the way to the back. It'll be just in front of the cervix, in the little tenting or ballooning of the vagina in that neighborhood.

Stimulation. To stimulate it, use techniques similar to the ones above. Primarily find out what feels good to her. During intercourse, most rear-entry positions are good for stimulating the A-spot on deep thrusting. You can also stimulate it with a front-entry position with her legs pushed far back so you can thrust extra-deep. Which brings us to the next chapter...

Chapter 4

Intercourse

Positions

There are four basic positions. All the other ones are variations on these four themes. Each position has features you should be aware of. Here they are:

- 1) Man on top
- 2) Woman on top
- 3) Side-by-side
- 4) Rear entry

What you want to do is know the female anatomy well enough such that you have a sense of what part of her vagina or external genitalia you'll be stimulating with each position. Generally speaking:

- Man on top allows for stimulation of clitoris with your pubic bone. You can stimulate the A-spot with deep thrusting, especially if you bring her legs up or put a pillow under her butt
- Woman on top is always an excellent choice, because it allows for her to thrust the way it makes her feel good, stimulating whichever part she likes best, and for you to have good ejaculatory control, since gravity is draining blood from the penis.
- Rear entry is excellent for stimulating the G-spot; also allows for deep thrusting and A-spot stimulation. With her on her knees, she also has control of depth and angle. Highly stimulating to the male, since introitus is narrowed; less ejaculatory control.
- Side-by-side is fun to try, and allows for intimate whole-body contact – experiment with it and see what you like.

Again, now that you have the general principles, apply them, explore them and use the feedback principle to find out what feels good to your partner.

Thrusting

The variations on thrusting are infinite. Here are some ideas you can play with:

Back-and-forth thrust. Experiment with alternating length and rhythm. Go 3 shallow, 1 deep, then 6 shallow, 1 deep, then 9 shallow, 1 deep, then start over. The 9:1 shallow vs deep rhythm is the one that the classic Taoist sex manuals recommend. The book *Sexual Secrets* by Douglas and Slinger has more on this topic.

Up-and-down stroke. Instead of going back and forth, pivot up and down with the penis mostly housed where it's happiest. You're stimulating her most sensitive part (clitoris and outer third of vagina) with your least sensitive part (outer shaft). This gives you good ejaculatory control.

Stirring. Either swivel your hips or use your hand (it's allowed) – find out what she enjoys best.

Slow and steady. This is usually better than a jackhammer rhythm – again, porn movies are incredibly bad instructors.

Chapter 5

Training to Be a Multi-Orgasmic Man

Most people are aware that women are capable of having multiple orgasms, but far fewer seems to know that it's quite possible for men to do that as well. The Taoist masters have long known this and used these techniques as pathways to higher consciousness. Three elements go into this: familiarizing yourself with your own sensations, strengthening the pubococcygeus muscle, and learning to circulate energy. All three will require practice. If you start doing the exercises diligently, you can start having some control in about two weeks; good control in about 6 weeks; and total control in 2-3 months. Keep up the conditioning. This is like any other kind of fitness. For more information on this, consult the works of Mantak Chia.

Familiarizing yourself with sensations

What you want to do here is to figure out exactly where your point of ejaculatory inevitability is, and qualitatively what it feels like. Then when you get close to it, you can back off. How do you back off? Three ways:

- 1) Relax the musculature around the penis and pelvis. Learn how to do testicle raises so you can relax the muscle that pulls the testicles up (cremaster).
- 2) Do push-outs. Push-outs are similar to bearing down when you're sitting on the throne. Have an instant cool-down effect. Practice them.
- 3) Stop stimulus altogether and take a deep breath. Works like a charm; needs woman's cooperation to work well.

Strengthening the PC muscle

The pubococcygeus is the hammock-like muscle hanging down low in the perineum, the area between the scrotum and the anus (referred to as the *taint* in common parlance). Found it? Good. You can contract it by pretending like you're stopping the flow of urine. To strengthen it, you have to work it out like any muscle. Here are some three recommended exercises:

Holds. Breathe in, and as you do, contract and hold as hard as you can; count to three; release. Gradually increase the count to 5, then 10. Do 3 sets of 10, gradually increasing to 3 sets of 20.

Flutters. Rapidly make a full contraction, let go of the PC, holding for about a second, then letting go. Start with 3 sets of 10, and build to 5 sets of 20.

Stop-and-go. For the lazy man who doesn't get around to doing 1 and 2. Any time you're urinating, completely stop the flow of urine 8 times, then resume. Pretend like you're sending a message in Morse code. Make this a habit so you're doing this all the time.

PC muscle workouts are completely unobtrusive. You can do them at a stoplight, while doing groceries, while folding laundry, while talking on the phone.

Circulating energy

During sexual activity, energy tends to build up in the groin area. The buildup can lead to reduced ejaculatory control. In addition, the old Taoist masters saw the circulation of this massive amount of energy throughout the body – especially to the head – as the key to achieving higher states of consciousness. So they developed techniques for this kind of energy circulation along the *microcosmic orbit*, a loop of energy starting in the groin, running up the spine, into the head, coming down into the mouth and then down the front channel at the center of your chest, down into your abdomen. The ‘gate’ connecting the front channel and the back channel of the microcosmic orbit is the tongue. By touching the tip of your tongue to the front palate, you connect the front and back energy channels and allow the energy to be stored safely in the abdomen.

Imagine that sexual energy is building up in your pelvis. Then imagine that your spine is a straw, and as you breathe in, contracting the PC and rocking your pelvis, you are drawing the energy up your spine and into your head. Notice how your head starts to feel a little light and tingly. Now circulate the energy around your head in a clockwise spiral until it feels very, very good. Once you feel as if your head is getting hotter and more tingly, touch the tip of your tongue to the roof of your mouth, completing the microcosmic orbit which allows the energy to flow down your front channel and be safely stored in your belly. If you do this right, you can feel your whole body getting very tingly, and you can delay orgasm indefinitely. By the third or fourth consecutive orgasm, you will be having an experience of a very different quality and intensity than a conventional ejaculatory orgasm. You may even get a sense of why the Taoist masters thought of this technique as a pathway to higher consciousness.

For further elaboration on these techniques, I highly recommend reading *The Multiorgasmic Man* and applying it. I’m barely touching upon the material in there, which in turn is barely touching upon the vast literature on Taoist sexual practice, energy

circulation and transformation. Consider this the beginning of your journey to sexual mastery.

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